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Lindhout's captors give deadline, reports say

KIDNAPPED A Sylvan Lake journalist and an Australian photographer could be killed by their Somali captors if ransom demands aren't met in 15 days, according to reports.

Freelance journalist Amanda Lindhout, 27, and photographer Nigel Brennan were kidnapped Aug. 23 outside the Somali capital of Mogadishu.

Apparently one of the kidnappers contacted Tehran-based Press TV, whom Lindhout had previously worked for, to inform them of the demand.

Lindhout's kidnappers are demanding $2.5 million for the release of the journalists.

METRO CALGARY

Election 2008 pg 8
- Lawrence Martin: 'Why did we bother?'
- Pollsters predicting another minority
- Standings before vote

Learning Curve pg 18

Credit crunch for students?

Celebrity Buzz pg 22

Presley gives birth to twins

Stamps **Squashing the competition**

Two Calgary Stampeder pumpkinheads enjoyed their Thanksgiving holiday by watching the hometown club squash the visiting Saskatchewan Roughriders yesterday at McMahon Stadium. Story, page 13.

ROBIN KUNISKI/FOR METRO CALGARY

Still a bright idea?

Concerns arise as streetlight project enters 2nd stage

KRISTA SYLVESTER
krista.sylvester@metronews.ca

A new pilot project to install energy-saving streetlights will be hitting the city streets in an effort to reduce costs and light pollution, but one city alderman doesn't know if the plan is all that bright.

The city is in its second-stage of installing 500 of the Lumen Light Systems as part of a one-year pilot project approved by administration in August, which would dim street lights during non-peak hours.

But Ald. Ric McIver is concerned about the pilot project because he said he's already heard complaints about the current lighting system.

"We just changed the city lights to become less dim and I have already heard from people they aren't bright enough so my concern is if we go even dimmer yet," McIver said.

"The taxpayers are my boss and I would be interested to see what we're going to put them through before we put them through it," he added.

Spokesperson David Davies said the lights would help cut operating costs 50 per cent.

37,000 Estimated the number of residential street lights in Calgary. A one-year pilot project is turning 500 of those into Lumen Light Systems.

"You would buy fewer light bulbs because they would last longer. There isn't a way to dim lights on and off right now, and this is the way to dim the lights after midnight until say, 6 a.m.," he added.

Ward 3 Ald. Jim Stevenson supports the idea but said he would like to see more on it.

"I think it sounds like a good idea on the surface. It would be good for the environment to be able to save energy when we can," he said.

Davies said the installation of the 500 pilot lights made by Streetlight Intelligence Inc. is "in the works", but have already been used in B.C. for five years.

ShareYourViews
calgaryletters@metronews.ca

Lawsuit expected in union split

STUDENTS A lawsuit may be in the works.

The University of Calgary graduate students association is expecting legal action against them as they initiate a split from the Canadian Federation of Students, the country's largest student lobby group with 500,000 members, with a referendum in April.

"Their 2007 budget set aside 18 per cent for legal fees, so we're definitely bracing for the possibility," said U of C GSA president Rithesh Ram. "They've been very litigious in the past with suing schools who want to break away and we don't expect this to be any different."

Citing a lack of communication and no voice for their students' concerns, Ram said they've collected 800 signatures and unanimous support from their council to initiate the split, which should send a message of overwhelming support for the move.

"We've paid them more than $300,000 over the years we've been associated with them and we've seen very little to nothing in return," Ram said. "They've outright ignored our requests for meeting minutes, bylaw information and a broad range of requests and we've simply had enough."

Numerous calls to the CFS went unanswered.

NEIL MACKINNON/METRO CALGARY

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Comet to be named after U of C researcher
Robert Cardinal, a University of Calgary researcher at the Rothney Astrophysical Observatory, will soon have a comet bearing his name. Cardinal discovered the comet, formally called C2008 T2, near Pluto. METRO CALGARY

Local

Metro Calgary straw poll
Are you going to vote today?

YES	NO	LAST MINUTE DECISION
11	6	3

News in brief

STABBING Police are investigating what could be the city's 29th homicide of the year. A man died early Sunday morning after he was stabbed at the Cecil Hotel. Police won't confirm if he was attacked inside or out. It was the second of two stabbings this weekend. The first, in the city's southeast, resulting in serious injuries. The autopsy is expected to be completed today. METRO CALGARY

metronews.ca
What's online today.

Watch an Elvis impersonator make his third bid for Belinda Stronach's former seat and watch experts break down the election's final opinion polls, predicting a Tory minority at metronews.ca/canada
Play online Sudoku!

Lotteries
Friday, Oct. 10
Lotto Super 7 2, 8, 10, 16, 21, 33, 46 Bonus 30
Saturday, Oct. 11
Lotto 6/49 7, 8, 23, 38, 39, 45 Bonus 47
These results are not official.

The spirit of Thanksgiving

KRISTA SYLVESTER
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Even though many lined up for hours to eat their Thanksgiving dinner with friends and strangers, nobody was complaining about the wait at Mykonos Greek Restaurant yesterday.

"These people are amazing to put on the best homeless Thanksgiving dinner there is in the city. It's great food and great people serving it," Jason Sweet said, as he stood near the front of the line.

Sweet has been coming for several years and more than just the food brings him back; it's the atmosphere, providing many homeless with a place to call home for the day.

First-timer Nathan just came to Calgary from Ontario three years ago to work and said he heard about the Thanksgiving dinner for the homeless as soon as he arrived.

"These people are amazing to put on the best homeless Thanksgiving dinner there is in the city."
Jason Sweet

"It's great to be able to come here and celebrate the day with all these people," he added.

Mykonos owners Mike and Pat Hatzistamatis have been putting on the special Thanksgiving dinner for the past 16 years.

"It's a place for them to be plus it's nice to be able to give them a half decent meal and let them enjoy the food," Mike Hatzistamatis said.

Over 40 volunteers helped prepare the countless turkeys, gravy and pie yesterday and Hatzistamatis figured more than 1,300 would eat yesterday.

ROBIN KUNISKI/FOR METRO CALGARY

Meranda McCallum and son Taragen, 3, enjoy the 17th Mykonos Thanksgiving dinner yesterday. Jan Onysko, who has volunteered at the holiday meal for a decade, helps make the duo feel at home.

Joyriders run red light, crash

KRISTA SYLVESTER
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INVESTIGATION Police say it was lucky nobody was hurt after a stolen car sped through a red light and smashed into a concrete block in the city's southwest Sunday night.

Police followed the stolen red Honda Civic with four occupants around 9:30 p.m. in the 100 block of 18 Ave. SW when the driver of the car accelerated through the red light striking another car before hitting the bridge column.

"Anytime anyone goes through a red light there is danger to the public. It could have ended a lot worse and thank God nobody was hurt," Insp. Rob Williams said.

Police arrested the driver a short time after, as well as one of the occupants trapped in the backseat. Two suspects remain at large.

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Classic cinema
The Calgary Cinematheque is presenting the newly-restored black and white 35mm film, High and Low (1963) from acclaimed Japanese director Akira Kurosawa at the Plaza Theatre, 1133 Kensington Rd. NW Oct. 23 at 7 p.m. METRO NEWS SERVICES

Urban Compass

The real "centre" street: The geographical centre of Calgary is the corner of 17th Ave and 8th Street SW. This intersection is also the point where the Devonish building (background), Mount Royal Village, Tomkins Park and a giant empty lot all meet.

PHOTOS BY HEATHER SETKA

Above: Could have gone to pot: The 17th Ave restroom is just steps from being at Calgary's centre point. Dang! This would've been an entirely different story.

Melrose Place: The self-proclaimed "Heart of the Red Mile" beats on.

One bourbon, one shot ... one pickle juice? Edmonton export Warren Toews says a pickle juice chaser kills the sting of a rye shot. And one a day will keep the ladies away too, Warren.

BFF's: Melissa Oberg, right, swears 17th Ave is the heart of the city. Her friend Linda Luong and at least one city planner agree. Above: Labour Day be damned. Luong proves old rules no longer apply, especially when accented by a strategic tattoo. Ladies, tell your moms.

Where's the heart?

Metro has big plans for this little page. We hope to navigate Calgary's scene in intimate snapshots and titillating tidbits. To start off in the right direction, we wanted to begin in the middle, the geographical centre of this complicated under-construction city.

I called on urban planner Bill Findlay to help determine the physical pivotal point of Calgary. He was skeptical, at first. "In a month it'll change, because there'll be another subdivision," he said. But then he came up with a solution.

Using the outermost major roads in all four directions, he found the halfway point between East and West, and North to South. The place where these two points meet is none other than the intersection of 8th St. and 17th Ave SW. Perhaps its coincidence, poetry or fate, but many people would argue 17th is also the metaphorical heart of our city.

UrbanCompass
Heather Setka

The closest place to refresh (read: Drink) is the Metropolitan Grill. And so the inaugural Urban Compass begins here on a random Thursday night.

Musings at the Met

Know for its pricey drinks and rampant cougar population, the Met delivered. Two fine felines sipped wines and shimmed to the sounds of Trackzilla, one of three house bands.

Here, Urban Compass started asking this question: What is at the heart of this city?

After several stock answers, we unearthed a gem in Trackzilla's drummer Gep Myers. Calgary beats with "a pioneering spirit," the U.K. import said.

Yahoos at the Yardhouse

A few blocks up at the Yardhouse, Edmontonian Warren Toews was less kind. "Calgary wants to be a trendy, healthy American city," he said.

Receiving no definitive answers and weary from the journey, Urban Compass asked another question at the forefront of many minds most evenings. "The Ship or Melrose?" And therein could lie our answer.

A Tale of two watering holes

If 17th Ave is the true heart of this city, the Ship patio and the street view at Melrose are like two fingers on the pulse. From these spots, one can watch the city breathe, change and grow, see styles born, listen to personal dramas unfold and feel like a player in it all. But will it end some day?

Neighbourhoods and trendy spots transform over time with those who want to occupy them.

Anyone who experienced Electric or remembers 1st St. before it was overrun by crackheads and now condos can attest to this statement.

Let's hope the more sinister influences leave 17th alone, and continue crossing our fingers for another playoff run.

The Ship: Come for the lunch specials, stay for last call.

La Vida Loco lives on. Erwin Staniszewski, right, won a Ricky Martin look-a-like contest when he was 19, and buddy Nathan Creasey won't let him forget it. "He tells everyone," says Staniszewski with an eye roll (and maybe a hip thrust).

Youth charged with murder
Calgary police charged a 17-year-old male with second-degree murder Friday in the July 30 death of a man in the 100 block of Manora Place NE. It was the city's 20th homicide. METRO CALGARY

ROBIN KUNSKI/METRO CALGARY

Calgary Northeast Liberal candidate Sanam Kang figures vote splitting, as evidenced by the campaign signs of two conservative rivals, could help lift the Grits into a seat in the longtime Tory stronghold.

Two Calgary ridings remain up for grabs

NEIL MACKINNON
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Election 2008

ELECTION Calgary's ridings appear pretty safe for the Conservative taking, but with a two-week slide in the polls, it could be a little close for comfort for at least two Tories.

In Calgary West and Calgary Northeast, opposition candidates are hoping to maximize their political fortunes on anger and vote splitting to carve into historical Tory landslides.

In Calgary West, incumbent Rob Anders, who won by nearly 24,000 votes in the last election, appeared in only one all-candidates forum, refused to talk to the press and has been all but absent on the hustings in general, said Liberal candidate Jennifer Pollock.

"Rob Anders's plan here has been to not be seen or be heard," Pollock said. "It might be the first time in 40 years this riding doesn't go Conservative."

Even Green Party candidate Randy Weeks feels like he's got a legitimate shot at ousting Anders.

"I was thinking a close second or third, but it may get better than that," he said.

In Calgary Northeast, it's not dissatisfaction but a vote-splitting situation that may pave a path for Liberal Sanam Kang to the House of Commons.

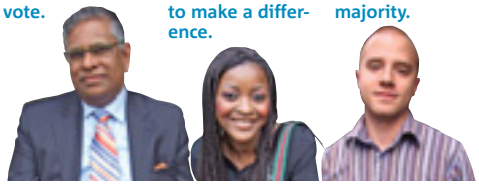
An ongoing feud between independent conservative candidate Roger Richard, who said he'd swear immediate allegiance to Stephen Harper if elected, and official Conservative candidate Devinder Shory has left voters confused, said Kang.

Heard on the Street: Are you going to vote today?

Gerard Sinanan
age 50,
sales
A: It's my responsibility as a Canadian to vote.

Sarah Buckahsa
age 20,
student
A: Yes, because I care about the issues and want to make a difference.

Richard Leeming
age 21,
retail
A: Yes, because I don't want a Conservative majority.



Work still needed on arts

Growing cultural community has work to do: Report

NEIL MACKINNON
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Attendance and spending

- 43 per cent of Calgarians attended a performance by professional artists in 2005, according to the Calgary Foundation's Vital Signs report released last week.
- In 2006, average Calgary households spent $1,484 on arts and culture.
- The city spent $2,437,000 between 2004-2006 on 14 public art projects.

The arts and culture scene in Calgary may be growing, but a lot of work needs to be done to live up to some recent designations.

The quality of work being done in Calgary can stand up on an international scene, said Art Gallery of Calgary curator Marianne Elder, and while the city has moved away from cultural wasteland status, a moment or two for critical introspection is drastically needed.

"We need to examine who we are before we start building upon it," said Elder on the heels of a C grade from the Calgary Foundation's Vital Signs report released last week. "Let's take an examination of who we are, let's look at our exclusivity, look at our art community, make sure it's healthy and then move forward."

Visual and performing art spaces received the lowest grade of the section, a D, which may worsen in the coming year, Elder said, citing the pending loss of two experimental art spaces for emerging artists, much to the detriment of the overall arts scene.

Paul Hughes, the lead curator of a project in January that will see 1,111 local artists and their work put on display at the Art Gallery of Calgary, said the city may be the home to the new west, but it's still enveloped in the same old cultural elitism.

"We do have a very high quality of expressiveness in this city," he said. "We just need to be much more inclusive."

Can You Really Make $10,000+ a Month on eBay?

By James Ryder
Financial Reporter

Let me start off with a confession. When I was asked to research and write an article about the money-making power of eBay, I sincerely thought I'd discover that it was all fiction. Was I ever wrong.

First, a little background on eBay and what it does. It was started on September 3, 1995 by French-born Iranian computer programmer Pierre Omidyar in his San Jose, California living room. Almost immediately the site took off and is now the world's largest online marketplace with over 250 million registered users worldwide. And this number keeps growing every day.

eBay is the "ultimate global marketplace" connecting sellers to a massive ready-made customer base that does not care about how old or young you are, whether you are male or female, how much education you have, whether you are disabled, the colour of your skin, what your name is, where you were born, or even where you live.

Sellers can list almost anything on eBay… art, antiques, books, cameras, cars, clothing, computers, crafts, furniture, jewellery, music, real estate, sporting goods, tickets, travel, watches and hundreds of other items.

"eBay is great for the economy because it gives sellers a platform for pursuing entrepreneurialism on a global scale," says Marsha Collier, eBay selling expert and author of the book ***eBay for Dummies.***

Canada is actually an ideal location for an eBay business. We are perceived internationally as trustworthy and we are next door the world's largest base of eBay buyers the USA.

It is estimated that over 1.3 million sellers around the world use eBay as their primary or significant secondary source of income.

But there's even better news. As the economy slows, even more buyers are turning to eBay.

So, who are these people who make $2,000, $5,000 or $10,000 or even more each month on eBay? Are they computer wizards or nerds? Nothing could be farther from the truth.

Here is the reality: 95% of eBay sellers are individuals or small businesses. They are regular folks like you and me who just got fed up with the rat race and discovered they could make more money in less time, and have fun doing it. Others were fired or laid-off and then were fortunate enough or smart enough to turn to eBay.

What does it take to become a successful eBay seller? Here's what I learned from the top sellers I talked to.

First, invest a little time and money upfront to learn the "tricks of the trade." It will save you hours of frustration and get you making money much faster. There are some good workshops and coaching programs that can really help and make a difference. Some sellers said they sharpened their skills by attending a course. They learnt how to add additional revenue sources to their eBay business.

Second, if you haven't bought something on eBay, visit the site and make a few bids. See how it works, and make sure you win at least one item. That way you'll understand the whole process.

And third, have fun. Virtually all of the sellers I spoke with were having the time of their lives. One of them said it best. "I never thought earning a living could be so much fun!"

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Olympics security budget delayed
The security budget for the 2010 Winter Olympics in Vancouver has not yet been released because the federal and B.C. governments haven't yet agreed on a cost-sharing arrangement. Since the Salt Lake games in 2002, every Olympics security budget has been over $1 billion. METRO NEWS SERVICES

Canada

Battling listeria

Health Canada has approved the use of a new preservative in an effort to combat the listeria bacteria, left. Sodium diacetate, when used in combination with sodium lactate, can help slow the growth of the harmful bacteria.
SOURCE: CBC NEWS ONLINE

Climate change threatens peatland

SCIENCE Warmer temperatures in the years ahead will dry up Canada's peatlands, release more carbon dioxide into the world's atmosphere and aggravate global warming, a new study has found. Peat covers about two per cent of global land mass. REUTERS

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Vancouver Homelessness action

RAFE ARNOTT/METRO VANCOUVER

A man walks by a "green graffiti" message on a Vancouver sidewalk yesterday. The awareness campaign by The Greater Vancouver Regional Steering Committee on Homelessness is timed to coincide with the launch of Homelessness Action Week 2008.

News in brief

BLACKOUT More than 200,000 Vancouver Island residents ate turkey by candlelight when the southern part of the island blacked out between 6 and 8 p.m. Sunday night. B.C. Hydro did not know the cause of the power outage at press time.

B.C. A tour bus with 20 passengers on board rolled off a road and down a nine-metre embankment on B.C.'s Blackcomb Mountain yesterday. Twelve people were injured in the crash that happened just before noon. By mid-day, all had been released except a female teacher who suffered head and spinal injuries that are serious but not life-threatening, CBC News Online reports.

ECONOMY Finance Minister Jim Flaherty says he strongly supports the G7 action plan to stabilize the world's markets and restore credit flow to stamp out the spreading financial crisis.
METRO NEWS SERVICES

Ontario cops face Taser suit

A $9-million lawsuit has been filed by a Mississauga, Ont., man who claims 50 Peel police officers were involved in a station-wide coverup of his beating in an interrogation room.

Patrick Quinn, 35, alleges he was repeatedly assaulted and Tasered at 12 Division last Jan. 15 and 16 because he couldn't provide information about guns on the street.

Four officers are alleged to have directly participated in the assault after a videotape recorder was deliberately turned off.

The alleged assaults occurred in the same police station where Sean Reilly, 42, of Brampton was Tasered last month and then died 12 hours later in hospital.

Peel Chief Mike Metcalf, the Peel Police Services Board and 50 officers, identified only as John and Jane Doe, are named in the suit.
TORSTAR NEWS SERVICE

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264 - 6100 MacLeod Trail S
245 - 225 7th Ave. SW
1 - 4623 Bow Trail SW
5 - 2008 33rd Ave. SW
12 - 9250 MacLeod Trail S
16061 MacLeod Trail S

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7845 Flint Rd. SE
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255 28th St. SE
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Prime minister's salary has skyrocketed

The salary of the prime minister has jumped 130 per cent over the last 20 years. In 1988, a prime minister made a base salary of $66,600. In 2008, the base salary of a prime minister is $155,400. METRO NEWS SERVICES

Election 2008

One-man rule put to the test

Drama tonight may be in seeing how big or small Tory minority will be

NationalReport

Why did we even bother? That could well be the reaction from Canadians when they see the election results tonight.

Polls suggest it will be the ditto election. A replica of the last one. Conservatives will likely pick up five to 10 seats, but will be left well down in minority territory. The Liberals will lose a few, the NDP will make a couple gains. And everybody can continue to be numbed by our uninspirational leaders and go back to sleep.

If these indeed are the results — the pollsters could be wrong — the big loser will be Stephen Harper. Most everyone expected Liberal Leader Stéphane Dion to have a tough time. And he did. It was his first campaign. But the Harper Conservatives were at 40 per cent in the polls on opening day and ready to romp to the only thing they seemingly ever cared about — winning a majority.

It hasn't happened. This was Harper's third campaign and it was probably his worst. He'll be wondering: Why did I break my own fixed-election date law to call this thing?

People are probably asking: Why did we even bother with this election?

The drama tonight will be in seeing how big or small the Conservative minority turns out to be. Harper has been called the Incrementalist because he prefers small steps as opposed to a big vision. But tonight increasingly mentalism won't do. If the Tories win less than 140 seats (a majority being 155) pressure will mount on the PM to step down. If he can't get close to a majority against a weak opposition when, his critics will ask, can he ever do it?

The other number to watch is if the combined Liberal and NDP number of seats exceeds those of the Tories. In such a scenario, they could combine to defeat the government on an early confidence vote. They could then work out some cohabitation agreement and march off to the Governor General and convince her to let them form a government — a loose coalition of some kind.

At least one thing that type of arrangement would do would end one-man government in this country. Harper came to Ottawa as a champion of democratic reform. His most serious weakness — and a reason why he likely won't score the victory he wanted tonight — is that he has become very much the opposite.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.

Numbers

Parliament Hill

Standings before election call

39TH PARLIAMENT
- Conservative — 127
- Liberal — 95
- Bloc Québécois — 48
- NDP — 30
- Green — 1
- Independent — 3
- Vacant — 4

2006 ELECTION RESULTS
- Conservative — 124
- Liberal — 103
- Bloc Québécois — 51
- NDP — 29
- Independent — 1

METRO NEWS SERVICES

Decision day dawns for federal leaders

The Conservatives look set to retain power today in the first national election held in a major industrialized nation since the market meltdown this month.

Prime Minister Stephen Harper triggered the campaign five weeks ago on the grounds that his minority government could no longer work with opposition parties who hold the balance of power in Parliament.

Then shares began to plummet and Harper retooled his campaign in a bid to persuade Canadians that only he could manage the country in such troubled times.

"(We have) a plan that in the midst of this world financial crisis has kept our economy creating jobs, kept our budgets balanced and kept your bank accounts safe and secure," he told a rally in Cornwall, P.E.I., yesterday.

Harper has dismissed opposition calls for major government spending programs.

The election is the third in four years and — according to virtually every poll over the last month — will produce Canada's third successive minority government.

Harper, who defeated a minority Liberal administration in January 2006, foresees another election relatively soon.

"Obviously the Parliament won't last four years," he told CTV television Sunday.

The Liberals were hampered in the campaign by the ineffective performance of Leader Stéphane Dion and his insistence that despite tumbling markets and fears of a recession, the party would impose a carbon tax designed to cut greenhouse gases.

Harper says the tax would trigger an immediate recession "as bad as anywhere in the world." Dion says this is a lie.

"We don't want any more Stephen Harper. Enough is enough," he told a rally in Fredericton, N.B., yesterday.

Harper is promising to keep taxes and inflation low while maintaining balanced budgets.

"It's the leadership and the plan we need for tough economic times," said Edgar Maghilom, a voter who works at the University of Guelph in Ontario.

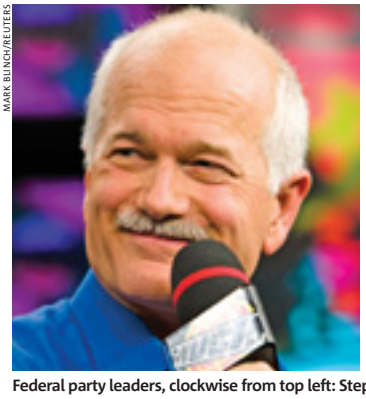
"This is the wrong time to tax people. We need a steady hand and good government," he said.

Harper's campaign was by no means smooth. After assuring Canadians all would be well if they waited out the crisis, he suddenly announced measures to stabilize the economy.

REUTERS

TONY BOCK/TORSTAR NEWS SERVICE

SHAUN BEST/REUTERS



MARK BLINCH/REUTERS

TORSTAR NEWS SERVICE PHOTO

Federal party leaders, clockwise from top left: Stephen Harper, Stéphane Dion, Elizabeth May and Jack Layton, are all hoping to add seats in the House of Commons today.

Straw poll

- The top election issues according to 20 people who spoke with Metro Calgary.
- Economy — 8
- Health care — 5
- Environment — 4
- Arts — 3

News in brief

NDP Leader Jack Layton spent the day yesterday in the Greater Toronto Area, finishing up the election campaign as he started, railing against the establishment, including the big banks and oil companies, and promising to support middle-class and working families. From St. John's to Vancouver and north to Nunavut, he promised to protect jobs, halt corporate tax cuts, bring in a buy-Canadian policy, concentrate on a fair trade deal not free trade, relax immigration rules, hire more nurses and doctors and bring in a pharmacare program, among other things. The additional spending, he said, would be paid for by the rolling back of a $50-billion corporate tax cut already planned by the Tories.

GREEN PARTY Green Leader Elizabeth May ended her campaign in Nova Scotia yesterday by boldly predicting up to eight seats for her party. Two are in Ontario (Guelph and Bruce-Grey-Owen Sound), four in British Columbia, one in Nunavut and one in Nova Scotia — the Central Nova riding where she's in an uphill battle to unseat Defence Minister Peter MacKay, the incumbent for the past 11 years.

TORSTAR NEWS SERVICE

Watch experts break down the election's final opinion polls, predicting a Tory win at metronews.ca/canada

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'Hippie' apes not so peace-loving after all, researchers say

Despite their reputation as lovers, not fighters, of the primate world, bonobos actually hunt and eat other great apes, German researchers said yesterday. Their findings, the first direct evidence of hunting by the so-called "hippie" apes, show that such behaviour is not linked to male dominance, as females rule bonobo society. REUTERS

World

Official squeezed out

A senior official in Sudan who ordered a crackdown on young women wearing tight trousers has been sacked, officials said Saturday. Police arrested scores of women — many on their way home from church — in the capital city of Juba last week on charges of disturbing the peace. Officers said their choice of clothing proved they belonged to youth gangs. REUTERS

U.S. to buy $250B in bank stakes

The U.S. government agreed yesterday to take $25-billion stakes in several big banks in a bid to shore up the banking system and arrest the financial crisis, sources familiar with the situation said.

The move came after Britain, Germany, France and other European countries pledged more than 1 trillion euros (US $1.36 trillion) to bolster their banks.

Officials will announce further details of the U.S. plan today at 8:30 a.m.

The Dow Jones industrial average, which closed last night at 9387.61, and the S&P 500 index raced to an 11 per cent gain, their biggest ever. Wall Street recorded its worst week in history last week.

Stocks worldwide added more than $1.7 trillion in value, based on a record 9.3 per cent gain in the MSCI world equity index.

Banks pledge aid

- The U.S. Federal Reserve, the European Central Bank, the Bank of England and the Swiss National Bank said they would lend commercial banks as much U.S. dollar liquidity as they needed.

Treasury Secretary Henry Paulson agreed to spend $250 billion on equity stakes in U.S. banks and agreed to a three-year guarantee of bank-to-bank lending, an about-face from a previous U.S. focus on buying bad debt from banks.

The government would take $25 billion in preferred stock in Bank of America, Wells Fargo, Citigroup, JPMorgan Chase, Goldman Sachs, Morgan Stanley and Bank of New York, the sources said. REUTERS

Seoul **Flames at protest**

REUTERS/JEE JAE-WON

Conservative right-wing protesters burn a portrait of North Korean leader Kim Jong-il during an anti-North Korea protest held near the U.S. embassy in Seoul yesterday.

Bush signs tougher piracy bill

CONTRABAND U.S. President George W. Bush signed into law yesterday a controversial bill stiffening penalties for movie and music piracy at the federal level.

The law also creates an intellectual property czar who will report to the president on how to better protect copyrights domestically and internationally.

The Recording Industry Association of America and Motion Picture Association of America backed the bill.

Critics argue the measure goes too far and risks punishing people who have not infringed. REUTERS

News in brief

ISRAEL President Shimon Peres called yesterday for reconciliation between the Arabs and Jews in the city of Acre. Five days of rioting followed after an Arab drove into a mostly Jewish neighbourhood, disturbing the start of the Jewish holiday Yom Kippur, and fights broke out.

CANCER Spanish-speaking Latinas are less likely have reconstructive surgery following a mastectomy for breast cancer, researchers say. The breast reconstruction rate for Spanish-speaking Latinas in the U.S. was 13.2 per cent — significantly lower than other groups. REUTERS

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Universal to distribute DreamWorks films
Universal Studios has reached an agreement to distribute films by DreamWorks SKG in its new partnership with Reliance ADA Group of India, taking an eight per cent distribution fee on roughly six films per year, over seven years. REUTERS

Business

Barrel rebound

The price of oil yesterday rose more than four per cent, or $3.49 US to $81.19 a barrel, as global markets rallied after European governments launched bailout schemes to shore up banks. One analyst said bank bailout packages helped stabilize markets and investors are now following them higher. REUTERS

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

GM closes plants, could seek merger

AUTOS General Motors Corp. is reportedly exploring options ranging from a merger with Ford or Chrysler to federal funding in order to ride out a sales downturn.

GM plans to close two plants in Wisconsin and Michigan by 2009. Union officials at the Oshawa, Ont. plant said GM has not pushed forward the facility's July 2009 closure.

GM is also seeking expedited access to its share of a $25-billion US loan. REUTERS

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Global crisis setback for green tech

A squeeze in lending and fears that a global recession will continue to push down fossil-fuel prices could prove a major setback for the development of clean energy and deployment of green technologies.

If the cost of debt financing jumps from two per cent to eight per cent, "it will throw a lot of projects out of whack," said Nicholas Parker, chair and managing partner of Cleantech Group.

There are fears that some projects — from biogas to solar farms to ethanol production — will grind to a halt as lenders grow more discriminating and direct their money to less-risky projects. Difficulty estimating costs could also inflate prices. TORSTAR NEWS SERVICE

Business in brief

OIL A looming global recession could make members of OPEC more tolerant to oil as cheap as $80 US a barrel, one analyst said, but it still needs to cut output to control swelling stocks and prevent a price collapse.

CHINA China posted a record high trade surplus of $29.3 billion US on export growth and falling commodity prices last month, despite a global slowdown, and it could delay fiscal stimulus plans. REUTERS

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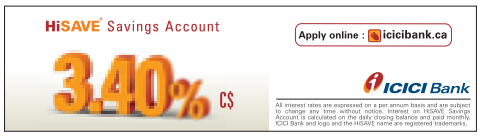
Your Money

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA



Knowing the good from the bad and the just plain ugly

Yes, it's OK to have debt — so long as it's the right kind

SmartCookies

Let's be real — most of us carry some form of debt. These days we all seem desperate to understand how to manage our debt, pay it down, and get rid of it all together.

Just last week in New York, while promoting our new book, The Smart Cookies' Guide to Making More Dough, we were asked if it was ever OK to have debt.

Our answer, of course, was "Yes, if it's 'good' debt." There's good debt, there's bad debt and then there's just plain ugly debt. Being a smart cookie means you can differentiate between all three.

The good

Good debt is investment debt that creates value. Some examples include mortgages and student loan or business loans.

Many students head off for school with their first credit card in hand, and if they're using that card to purchase items that will further enhance their education then that's an investment and that's considered good debt.

Credit cards can be a great tool if you're mindful about not only which cards you carry but what the interest rate and terms are.

The bad

Bad debt is purchasing something that goes down in value immediately after you swipe your card. If that same new student is racking up her card on shoes and a designer bag to tote her textbooks around in, then, well, that's bad debt.

Many of us fall into the trap of carrying consumer debt on our cards that ends up costing us more than what the item is worth by the time we are done paying interest.

The ugly

Store credit cards and points cards can carry the highest interest rates out there. We get sucked in to thinking we are going to be saving 10 to 20 per cent up front if we open up a new card. However, if you don't pay the balance in full at the end of every month your savings are destroyed by the high interest rate on the card.

When you pay by credit card, it's far too easy to spend more than you can afford. Every month that you only make a partial payment on your credit account, you're charged interest. The item you bought continues to lose value, and the amount you paid for it keeps increasing.

The bottom line is that if you're going to buy something that doesn't go up in value and you can't afford to pay cash — or to pay your card off in full every month — then you might want to think twice.

Visit *smartcookies.com* for more tools that will help you become debt free. If you have direct questions related to your debt e-mail us at smartcookies@metronews.ca.

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

Can a plummeting portfolio reduce taxes?

MoneyMatters

Q My wife and I are in our mid-50s with two children in university. I avoided the stock market for most of my adult life, but for the past three years, against better judgement, I invested most of my retirement savings in the market. Can I use the decrease in the value of my portfolio to reduce my taxes in 2008?

Ben

A Sale of stocks that have decreased in value is generally considered a capital loss for tax purposes.

Capital losses can be used to reduce capital gains in the current year. Excess capital losses can be carried back three years or alternatively to subsequent years. Investment losses or gains inside RRSPs cannot be claimed as they are tax sheltered. Outside-RRSP investments must be sold before making a claim.

Canada Revenue Agency doesn't allow a claim when stocks have devalued but there's no sale or disposition. Financial experts call this a paper loss, as you haven't lost money until you've locked in the loss and sold.

Henry Choo Chong, CGA provides professional accounting and taxation solutions, choochonghcga@yahoo.ca.

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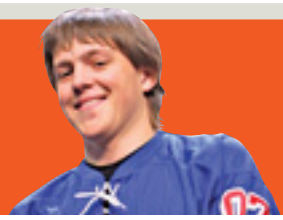
Warriors suspend injured Ellis

The Golden State Warriors suspended recently re-signed guard Monta Ellis for 30 games without pay on Saturday for violating his player contract. Ellis, who signed a six-year, $66-million contract in July, underwent successful surgery on his left ankle after a moped accident — a restricted activity in his contract. METRO NEWS SERVICES

Sports



Cherepanov dies suddenly

New York Rangers prospect Alexei Cherepanov passed away yesterday at the age of 19 after collapsing on the bench during a game in Russia. Cherepanov was playing as a forward for Avangard Omsk of the Kontinental Hockey League when the tragedy occurred. Details on what caused the collapse have not been released.

METRO NEWS SERVICES

SPORTS@METRONEWS.CA

Anthony Calvillo an MVP (mea culpa)

YorkReport

Marty York

marty.york@metronews.ca

The CFL's best teams unquestionably exist in the West, but the league's best player is in the East.

And that's perplexing.

Anthony Calvillo, see, simply wasn't supposed to be this good this season.

In 2007, he turned in a subpar season that he didn't even complete, partly because of off-field woes that included health issues affecting his wife, who was stricken with cancer. There was rampant speculation entering this season (mea culpa) that AC, as he is known, would sputter and flutter in the twilight of his career.

He's 36, which prompted some (mea culpa) to suggest AC stands not only for his name but for what he is — an Aging Codger.

Yet, as Calvillo led the Als to a romp over the Hamilton Tiger-Cats yesterday, it became clear that he has never in his 15-year-old career played any better than this season.

AC is on pace to record a mind-boggling 6,000 yards in passing this season.

He already has thrown for a personal-best 38 touchdowns.

Under his leadership, the Als clinched top spot in the East long ago and need only to win the Eastern final on Nov. 15 before appearing in the Grey Cup game right in Montreal on Nov. 23.

I suggested in a recent CFL Report at www.metronews.ca that a dominating defensive lineman, the B.C. Lions' Cameron Wake, should be chosen the league's outstanding player this season. I was premature. AC is the Absolute Choice.

• While Calvillo flourishes, however, his old coach is struggling lamentably, and sources suggest Don Matthews will not be retained after this season.

While he has more wins than any coach in CFL history, Matthews is 0-5 since rejoining the Argonauts this season and, dating back to his Montreal days, has won only once in his past 12 games.

His Argos are all but mathematically out of playoff contention and let's just say he's no Cito Gaston when it comes to Toronto comebacks.

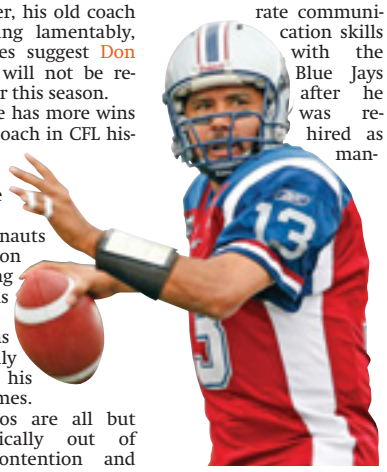
Gaston exhibited first-rate communication skills with the Blue Jays after he was rehired as manager. Matthews, at 69, has lost his communication skills.

"It's like he's on a different planet," one of the Argos told me. "He's not even close to what he used to be."

• Baseball superstar Alex Rodriguez and his wife, Cynthia Rodriguez, are in the final stages of their divorce and have put their Florida house up for sale.

Their asking price: $14.876-million U.S.

Their house, near Fort Lauderdale, has six bedrooms, seven full baths, an Olympic-sized swimming pool and a four-car garage. They bought the house in 2004 for $12-million.



Anthony Calvillo

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

Grey Cup halftime

• The CFL is turning to Canadian stars for the Grey Cup halftime show on Nov. 23. Performing will be Theory of a Deadman, Suzie McNeil and Andrée Watters. American Lenny Kravitz starred in last year's game in Toronto.

Thanksgiving feast for Stampeders

CFL RESULT

Stampeders 42 Riders 5

VS

DAN TOTH
for Metro Calgary

ROBIN KUNISKI/METRO CALGARY

Calgary Stampeders Nik Lewis gets sandwiched by Saskatchewan Roughriders Renauld Williams and Maurice Lloyd during yesterday's 42-5 drumming of the visiting 'Riders.

THE SKINNY: The Stampeders improved to 10-5 and are alone in first place in the Canadian Football League's West Division. With three games remaining Calgary has the inside track for a bye to the West final.

BEST CATCH: In the fourth quarter Nik Lewis grabbed a short pass, then busted tackles like a Hummer runs over shopping carts in a mall parking lot en route to an 85-yard touchdown.

THE QUOTE: "Last week they feasted off our turnovers and this week we did the same off theirs. That's just how tight this West Division is if you turn the ball over a couple of times ... that was the difference in the last two games."
- Henry Burris

MAKING HISTORY: Nik Lewis tied Allen Pitts for the Stampeders record for consecutive games with a catch after a 14-yarder in the second quarter, his 85th consecutive game with a grab.

THE RUMBLING: A handful of the thousands of green-clad Roughriders faighful among the 35,650 fans in attendance got a little over-lubricated and got the bum's rush from police late in the game.

SCOREBOARD

MLB

LEAGUE CHAMPIONSHIP SERIES
BEST OF SEVEN
AMERICAN LEAGUE
Tampa Bay vs. Boston
LAST NIGHT'S RESULT
Tampa Bay 9 Boston 1
TUESDAY, OCT. 14
Tampa Bay at Boston, 5:07
(Tampa leads series 2-1)

NATIONAL LEAGUE
Philadelphia vs. L.A. Dodgers
LAST NIGHT'S RESULT
Philadelphia 7 L.A. Dodgers 5
WEDNESDAY, OCT. 15
Philadelphia at L.A. Dodgers, 5:22
(Phillies lead series 2-1)

NHL

YESTERDAY'S RESULTS
St. Louis 5 Toronto 4 (SO)
Buffalo 7 N.Y. Islanders 1
Detroit 3 Carolina 1
Vancouver 5 Washington 1
Montreal 5 Philadelphia 3
N.Y. Rangers 4 New Jersey 1
Nashville 3 Chicago 2

CFL

YESTERDAY'S RESULTS
Calgary 42 Saskatchewan 5
Montreal 42 Hamilton 11

NFL

YESTERDAY'S GAME
Cleveland 35 N.Y. Giants 14

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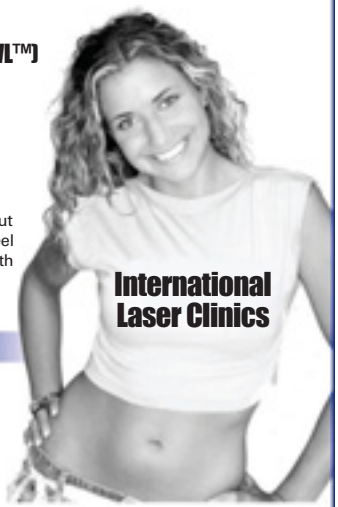

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Gene discovery may help hunt for blindness cure
Scientists have discovered a gene mutation linked to the most common cause of blindness in the developed world, holding out the prospect of better treatments and perhaps eventually a cure. REUTERS

Health

Live Clean expands eco offerings

Live Clean, a vegan collection of hair, hand and body products launched just a year and a half ago, has added seven new items to its lineup. These include the Fresh Water Moisturizing Body Wash ($6.99), far left, Green Earth Firm Hold Styling Mousse ($6.99) and the Sweet Pea Moisturizing Liquid Hand Soap ($4.99). Live Clean products are available at Shoppers Drug Mart, Wal-Mart, PharmaPlus and Loblaws stores across Canada. METRO NEWS SERVICE

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Unemployed? Get fit

Employment status can impact health: Study

CELIA MILNE
for Metro Canada

If you are unemployed, under-employed or have a precarious work situation, now is the time to look after your health.

Studies have shown that people who are unemployed or under-employed are more at risk for health problems than those with good jobs, according to Dr. Emile Tompa, a scientist at the Institute for Work and Health in Toronto.

In fact, studies show that "unemployed adults have consistently been found to die earlier than employed adults," he says.

Under-employment is a problem looming for many Canadians. Working part-time may be considered under-employment if you'd rather be full-time, if the work is low paying or if you aren't using your skills.

In studies done by Dr. Tompa and colleagues, "individuals with less than optimal levels of employment had higher rates of physical and mental illness compared with those in optimal employment," he says. Inadequate employment tends to be a problem that hits women, visible minorities and people with low levels of education more readily than men, whites and those with a higher education. Different types of underemployment have different health effects. For instance, if you're working too few hours, this has an effect on self-esteem. If you are getting very low pay, this is associated with symptoms of depression.

Under- or unemployment can lead to depression and stress. One way to avoid this is to stay fit, a recent study suggests.

Under-employment can also lead to excessive use of alcohol. In addition, there is some evidence that lack of a job can have a negative effect on cholesterol, blood pressure and body weight. "The risk of a gain of over 10 per cent in BMI was higher among unemployed adults," reports Dr. Tompa.

If you are unemployed, under-employed or your employment feels precarious, there are things you can do to protect your health. It is also important to eat well, avoid substance abuse and keep fit.

Sexy Sarah Palin, sign of sexism?

I've only been penning this column for about a month and this is the second time I've written about Sarah Palin. But when I read that Larry Flynt, founder of Hustler, has already shot a porn video using a Sarah Palin lookalike, I couldn't help myself.

There are no less than 40 Sarah Palin videos posted on YouTube that run from the relatively innocent — "Sexy Sarah Palin shows off her sexy legs" — to the obviously cheeky but crude "I masturbated to Sarah Palin."

Type "Sexy Sarah Palin" into Google and you get 1.3 million hits describing her as everything from "America's hottest governor" to "The hot politician." There are manipulated photos of her in a stars and stripes bikini holding a rifle and apparently you can even order "Sexy Sarah Palin" Halloween costumes. Seriously.

It's been said more than once that Sarah Palin has added sex appeal to the American campaign, but this strikes me as a little over the top. Okay, way over the top.

Even Pakistani president Asif Ali Zardari had to admit he thought Palin was "gorgeous," according to a CNN report. When was the last time you heard a world leader comment on the physical appearance of another politician? I'm thinking … never.

Whatever your thoughts of Sarah Palin and however seriously you take her as a politician, the whole thing strikes me as blatantly sexist. Sure, there have been male politicians who have been known for their sex appeal: Bill Clinton, Pierre Trudeau. But I've never seen any pictures of Pete or Bill in swimwear.

When male politicians are referred to as sexy, more often than not, we are referring to his charisma, not his masturbation appeal. If a male politician winks it is hardly characterized as "semiotic sexual flirtation for middle-aged white guys" as one commentator described Palin's incessant winking during the vice-presidential debate.

The references to Sarah's sex appeal are silly and insulting at best and offensive at worst. I know it's in part because people don't take her seriously and that her almost comic-like gun-toting, gosh-darn-it-let's-get-this-done attitude is an easy target for parody and ridicule but, in a country where women make up less than 30 per cent of the political power, the fact that we think it's okay, even fun, to sexually objectify this woman reeks of pure old fashioned sexism.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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Learning Curve is a special feature that focuses on education and student life.

Learning Curve

"We want you to engage and talk to our industry partners about different options," vice-president of academics Gordon Nixon says of SAIT's OccuPassion event.

Putting passion on display

SAIT open-house event focusing on real jobs for grads, not program brochures

ALICIA FOX
for Metro Calgary

It might just be the first time someone says it's OK not to know what you'll be when you grow up.

SAIT, in an effort to reach out to prospective students not interested in hearing the normal chatter about what programs are best, is hosting a unique, first-ever event called OccuPassion where attendants will see what the job — not necessarily the program — will look like.

"It's not passively coming by to pick up a brochure," said Gordon Nixon, vice-president of academics for SAIT. "We want you to engage and talk to our industry partners about different options."

The interactive, open-house-style evening will be held on Tuesday, Nov. 18 from 4:30 p.m. to 8:30 p.m. and Nixon said both the industry partners and those at the institution are very excited about getting this off the ground.

"It's going to be an extravaganza," said Nixon.

Not a trade show booth in sight, the event may include talking computer screens, a construction field architectural design office or even helicopters, but will still have program information available.

"With today's skill shortage, we're excited to ... be able to help tomorrow's students make informed choices."
Gordon Nixon, vice-president of academics

"With today's skill shortage we're excited to ... be able to help tomorrow's students make informed choices," he said.

Tim Phillips, a second-year civil engineering student at SAIT, said he liked the idea better than a standard open house.

"It will give (students) more information about what they feel like doing," he said.

There will be about 20 partners there, and soon-to-be high school graduates, parents or those looking to switch careers are invited to check it out.

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Learning Curve is a special feature that focuses on education and student life.

Ambrose's patience pays off

ALICIA FOX
for Metro Calgary

After a five-year wait, Ambrose University College is seeing patience pay off.

Previously located downtown, the faith-based, fully accredited college has repositioned itself in a brand new, 130,000-square-foot campus near 17th avenue and 69th street SW.

Helen Phiessen, director of enrolment services, said the new location has opened up more opportunities both within the college and the community, including community choirs and orchestras, and community learning. Gym and pool facilities are also open to the surrounding public.

"We're looking forward to growing in students," Phiessen said, adding that academic developments include a new biology program and developing an education program. The campus is built to hold 2,000 to 2,500 students — a big leap from their current 600.

"Students are excited to have their own place," Ambrose University College's Helen Phiessen says.

However, she emphasized their focus will still be on one-on-one learning and small class sizes.

"There's plenty of room for growth while still taking care of our core principles," she said.

While it isn't located in what's considered a "central" location anymore, she said transit is still easily accessible and it's easy enough to find.

The option for parking and the first-time cafeteria have also been a hit with the students, she said.

But every change comes with its inconveniences. Growing pains, aside from the hassle of moving, have included making sure students have a voice in the process and meeting increasing demands and expectations from them. Although they aren't still under construction, there's still a to-do list to be completed. However, Phiessen said she's heard great things from students.

"Students are excited to have their own place," she said.

Nutritious meals on the go

The busy lifestyle of students often doesn't leave time for proper meals. But if you have five minutes, you have time to make a nutritious breakfast and lunch.

Vancouver-based registered nutritionist Rouve Hembling gives students the low-down on how to eat well for breakfast and lunch whether you have five minutes or 30.

BREAKFAST

- **Five minutes:** Throw frozen fruit, protein powder, fruit juice and an essential oil like flax into a blender and take your fruit smoothee to go.
- **15 minutes:** Pre-soak your oatmeal in water the night before to save time in the a.m. Add honey, berries, cinnamon and nuts for flavour.
- **30 minutes:** Whip up an omelette with veggies like peppers, onions and mushrooms. Add a slice of whole grain toast to the mix and you've got a well-balanced meal.

LUNCH

- **Five minutes:** Heat up some pre-made soup and have a slice of whole wheat bread on the side. You can try making soup beforehand, but if you're strapped for time, many grocery stores offer fresh soups to go. Avoid canned soups.
- **15 minutes:** Quinoa is a super grain that's high in protein and calcium. Boil it for an ancient grains salad. Add the prepared quinoa to a bed of lettuce or cabbage and top with sautéed mushrooms and chopped red onions. Finish with a vinegar-based dressing.
- **30 minutes:** To whip up carrot and lentil patties, boil half a cup of lentils and one-and-a-half cups of grated carrots. Mash. Add half a teaspoon of curry powder, two egg yolks, cilantro and a quarter cup of breadcrumbs and mould into patty shapes. Dip them in breadcrumbs and cook in olive oil until golden brown.

MARIA COOTAUCO
/FOR METRO CANADA

Katimavik calls for youth policy

TAGHREED SAADEH
for Metro Canada

Canada's leading volunteer service organization for young people, Katimavik, is calling for a national policy that would allow more young adults to get involved in community organizations.

"Right now Katimavik is facing a lack of funding to meet the costs of participation," says Victoria Salvador, Katimavik spokesperson.

A Katimavik study conducted last March showed Canadians would support a national policy that offered several alternatives, including tuition credits for students or subsidies for organizations that host youth volunteers.

"A youth policy would ... emphasize affirmative action for youth as a strategy of participation and empowerment," Salvador adds.

Robbie Depriest.

Robbie Depriest — who volunteered in Jonquire, Que., Hazelton, B.C., and Cochrane, Ont., — emphasizes Katimavik is an opportunity for young people to learn through community volunteering and engagement.

"Katimavik represents everything that makes Canada one of the most beautiful countries in the world," Depriest, 25, said.

For the past 30 years, Katimavik has given more than 28,000 young Canadians the opportunity to volunteer in more than 2,000 communities across the country. Every year, nearly 1,000 young people contribute to Canada's social and economic life by taking part in a nine-month volunteer service program with a community organization.

In 2006-2007, 957 participants provided the equivalent of 743,997 working hours in more than 700 not-for-profit organizations, for an estimated value of $11,630,000.

"It is unimaginable that a nation such as Canada, which prides itself on being a progressive and inclusive world leader, does not have a coherent national strategy for engaging its youth," says Salvador.

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Learning Curve is a special feature that focuses on education and student life.

Not looking forward to your commute this winter? One-quarter of Canadian commuters would take a pay cut if if meant a shorter — and easier — drive, a new study shows.

Time more valuable: Poll

JIM REYNO
jim.reyno@metronews.ca

You've got to consider benefits, pension, safety, work environment and other factors when you choose your career. But maybe it boils down to this: Time or money.

A new poll by Goodyear Canada has found that one quarter of Canadian commuters would take a pay cut for a shorter drive to work. And as many as 13 per cent said they've gone so far as to consider quitting their job because of the commute.

Sarah Stevenson of Markham did go that far. She's changed jobs — and taken a $5,000 pay cut — to work closer to home. Instead of spending two hours a day travelling, she now expects a half-hour roundtrip.

"Getting up at 5:30, six o'clock in the morning, and it's dark and cold in the middle of the winter — it just didn't appeal to me again," said Stevenson, who works in advertising.

"The quality of life you have when you're spending at least two hours a day in the car if not more — it's not worth it."

According to the poll, Ontario drivers are the most likely to take a lower salary for an easier trip at 28 per cent. Quebec (27 per cent), B.C. (24), Atlantic Canada (21), and Manitoba, Saskatchewan and Alberta (18) follow. Women (27 per cent) are more likely to take a cut than men (24).

As for considering quitting a job because of the long drive, Alberta and B.C. drivers lead at 17 per cent. Quebec (15 per cent), Ontario (12), Atlantic Canada (10) and Manitoba and Saskatchewan (nine) follow. By gender, it's 13 per cent each.

According to the most recent StatsCan findings in 2005, Canadian drivers spend an average of 63 minutes daily commuting roundtrip for work. And according to the Goodyear poll, that's too long for many of us.

About 40 per cent of those polled say their maximum commute would be half an hour. A 60- to 90-minute work trip? Just 13 per cent say they could hack that. Six per cent say they could live with a commute of 1-1/2 to two hours.

Then you've got the road warriors. Two per cent said they could handle more than three hours a day on the road.

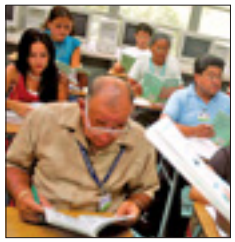
The poll was conducted by Harris/Decima between Aug. 7 and Aug. 17 among 1,000 Canadians, and has a margin of error +/- 3.1 per cent, 19 times out of 20.

Contest for commuters

- Goodyear is looking for the Canadian with the longest daily commute to work. The winner gets $5,000 worth of prizes, including new tires and chauffeur service for a day.
- Go to goodyearlongestcommute.ca to enter. Contest closes at 11:59 p.m., Nov. 30.

Workers eye return to school

ERIC EMIN WOOD
for Metro Canada



A recent survey shows 87 per cent of respondents would go back to school if they could.

A recent Monster.ca survey revealed that 87 per cent of respondents would return to school if given the chance.

The findings didn't surprise Julia Hanigsberg, dean of the Chang School of Continuing Education at Ryerson.

"There's lots of reasons people return to school," she says. "Some want to advance in their current careers. Others are looking to change their careers — they've been in a job or an industry for five or 10 years and really want to do something new — and some people just want to add on to their career, do something a little bit different."

As for why more full-timers don't return to school, Hanigsberg says it's not an option for most people to quit work and go back to school. "Most people have financial barriers," she says. "Many have commitments outside of work." And some people, she says, if they have been out of school for 15 years, may be intimidated by returning to the classroom.

Which, Hanigsberg says, makes the benefits of continuing education all the more obvious. At the Chang school, for instance, students can take classes in the evenings, weekends and over the Internet, for an average of $500 per course.

Some students use their existing skills and the knowledge gained in class to move into a new industry. As an example, Hanigsberg cites Alicia Remigio, an illustrator who earned a certificate in design for arts and entertainment at Ryerson and moved onto a successful career in film and TV. She's since worked on a show called the Smart Woman's Survival Guide and Atom Egoyan's film Adoration.

"I'm not sure if people realize how accessible part-time continuing education is," Hanigsberg says. "Those people who'd like to be doing it but aren't really should explore it seriously, because not only is it possible but it can really bring tremendously rich experiences and rich future potential to people's lives."

Students are paying 3.6 per cent more for tuition in 2008/2009.

Tuition fees rise again

The cost of higher education increased again this year for students across the country, with students paying 3.6 per cent more for tuition in 2008/2009 than in the previous year, according to a Statistics Canada report released last week.

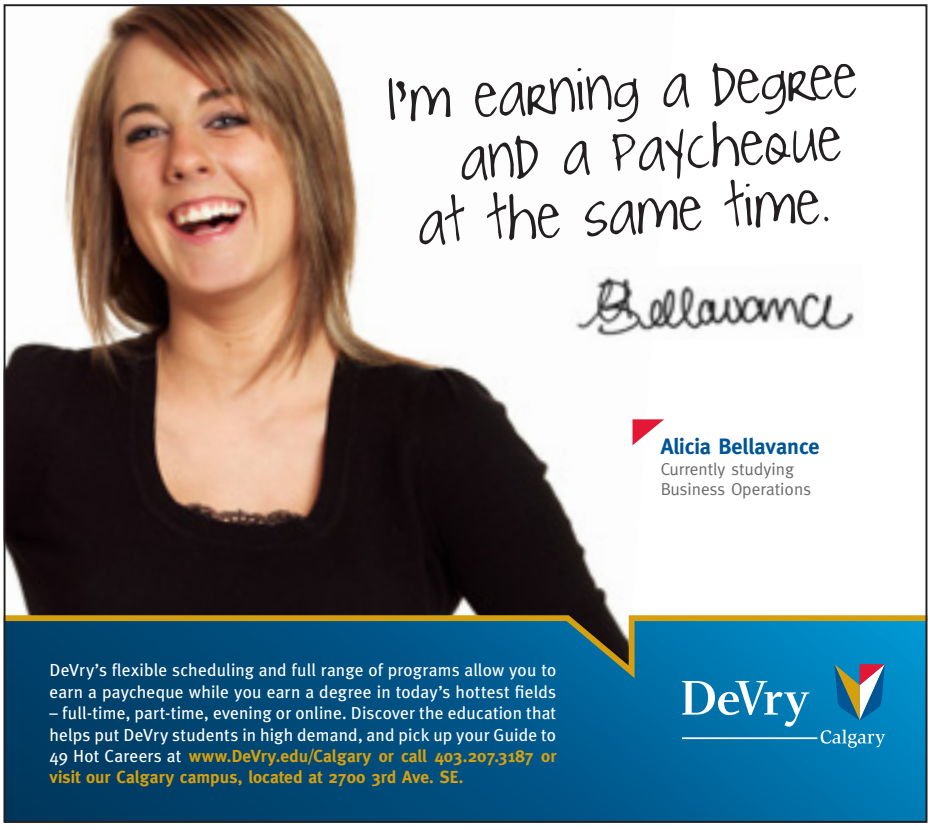
Last year, students across the country paid on average $4,558; this year the national average went up to $4,724. Students in Ontario will be shelling out nearly $1,000 more for their degrees, paying close to $5,643 in the current academic school year.

In Nova Scotia, fees dropped to under $6,000.

In the past decade, tuition has doubled the rate of inflation. Tuition has increased each year by an average of 4.4 per cent. During that time, inflation, as measured by the Consumer Price Index, has risen at an annual rate of 2.3 per cent.

The average tuition fee of students doesn't include ancillary fees, for athletics, health services and student associations. On average, Canadian undergraduate students paid $695 for these fees in 2008/2009, up from $673 in the previous year.

Statistics Canada looked at data from 138 institutions in 2008/2009, including colleges, which offer degree programs. Only tuition fees for degree programs are reflected in the results. TORSTAR NEWS SERVICE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Harder to get loans, credit

EVA LAM
for Metro Canada

Post-secondary students, long the target of credit card companies, may soon find it harder to get their hands on that little piece of plastic.

You can thank the current credit crisis for that. Around the world, banks are tightening their lending standards — and no one seems to know how long the crunch will continue.

Students may already have seen the effects on campus, once a prime location for credit card companies to hook young consumers to their brand.

"What we're finding is there are fewer credit card offers being made around university nowadays," says Fred Lazar, a professor at the Schulich School of Business at York University. "And the credit cards that are being offered are probably coming with much smaller limits."

Banks looking to eliminate risk have also made it harder for students to get loans, unless they are guaranteed by family, schools or government. "If it's simply a student who may need to borrow money to go to school and repay it with the money they get from work, those types of students are less likely to get a loan nowadays from a bank," says Lazar.

At the financial aid office at Ottawa's Algonquin College, students commonly ask for advice managing their finances, ways to get money and a range of other issues. So far, the credit crisis has not been one of them.

"Students always have financial difficulties," says manager Linda Fielding. "We're not hearing any new issues as a result of the credit crunch but we're certainly hearing the same issues."

She admits the credit shortage could have a more noticeable impact by this time next year, especially if there is a lack of jobs.

"The potential is always there because I think it takes a while sometimes for these issues to trickle down," she says.

Similarly, students seeking money-related advice at the University of Ottawa have not yet expressed anxieties related to the credit crunch. Patrick Coucelles, director of the financial aid and awards service, says the majority of students who come to the office are dealing with government-issued student loans.

However, he agrees students should be prepared. Instead of relying on credit cards or lines of credit, students should focus on funding from the university, he says.

"What I would say to students is to really do their research and make sure they're accessing all the other sources of funding," he says.

Fewer credit card offers are being made around universities these days in light of the current financial crisis, experts say.

Calgary Board of Education

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Rogen signs up for Cancer film
Seth Rogen is to appear in a medical comedy. The actor has signed up to produce and appear in I'm With Cancer, which follows the experiences of a man with the disease. FEMALEFIRST.CO.UK

Entertainment

Love interest
Salma Hayek is reportedly delighted after landing a role alongside Alec Baldwin on 30 Rock. The actress will play Elisa, a love interest of Baldwin's character Jack Donaghy. IMDB.COM

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

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Social Lunch: YES
Quick solo lunch: YES
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Ordered: 12:29 p.m.
Food arrived: 12:41 p.m.
Time out: 1:01 p.m.
Total time: 41 minutes
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High $: Steak or Prawn Fajitas, $20
Lunch: No separate menu

LunchRush

Blaine Schlechter
blaine.schlechter@metronews.ca

Situated on the corner of Memorial Drive and 10th Street on the edge of Kensington lies a little piece of Mexico called Julio's Barrio. Their website claims "An authentic Mexican restaurant." Is it authentic? Let's find out.

Walking in I found that, esthetically speaking, Julio's Barrio truly hits the mark. In fact, it's not just authentic ... it's down right fun. The ambience is lively with brightly coloured tiles, hip-swaying mariachi music and even a bright yellow Corona cooler in the corner.

Julio's Platter includes a quesadilla, two enchiladas and sides.

My meal began with complimentary chips and salsa. This was a nice touch, but the salsa wasn't quite chunky enough for my liking. For the main course, I went with the Julio's Platter ($19.50) which included a quesadilla and two enchiladas along with sides, including refried beans. The presentation matched the tiles, very colourful. I would order the enchiladas again in a heartbeat, but could have passed on the quesadilla. The portion size was substantial and when you include the chips and salsa it was very satisfying. The menu was filled with traditional Mexican fare and most dishes were offered in a vegetarian format.

So, is Julio's Barrio authentic? The answer is very close. The décor hits the mark but the food and price were not quite there. It doesn't help that my definition of authentic Mexican food comes from the famous Tijuana taco buses.

Julio's Barrio is great if you are looking for a quick lunch by yourself or with friends, co-workers or a social client, but wouldn't quite satisfy for a business power lunch.

weekend box office

1. **Beverly Hills Chihuahua:** $17.5 million US
2. **Quarantine:** $14.2 million
3. **Body of Lies:** $13.1 million
4. **Eagle Eye:** $11 million
5. **Nick and Norah's Infinite Playlist:** $6.5 million
6. **The Express:** $4.7 million
7. **Nights in Rodanthe:** $4.6 million
8. **Appaloosa:** $3.3 million
9. **The Duchess:** $3.2 million
10. **City of Ember:** $3.2 million

REUTERS

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Star cements Robbins' fame

Oscar-winning actor Tim Robbins has been awarded with a star on Hollywood's Walk of Fame. The actor is the 2,371st celebrity to be immortalized on the star-studded stretch of Hollywood Boulevard. **BBC NEWS ONLINE**

Oasis dig up top spot in U.K.

MUSIC Rock band Oasis went straight to No. 1 on the U.K. album charts Sunday with their first album in three years, continuing their unbroken string of chart-toppers.

Dig Out Your Soul, Oasis' seventh album, ended the two-week reign of cult American rockers Kings of Leon's Only by the Night, which slipped to No. 2.

Oasis, led by brothers Liam and Noel Gallagher, first went to No. 1 with their 1994 debut Definitely Maybe. **REUTERS**

Retribution fuels tale

BookPicks

The Thief and the Dogs

Author: Naguib Mahfouz
Publisher: Anchor Books
Price: $14.95 (Paperback)

FOUR YEARS behind bars may as well be 40. That's the revelation experienced by Said Mahran, an Egyptian nationalist bent on restoring social justice by stealing from the rich. After he does his time, he realizes the world on the outside isn't the same one he left behind. His six-year-old daughter snubs him, his wife and aide have married and a former mentor has hypocritically found wealth in business and journalism. The novel, originally published in 1961, sees Nobel laureate Mahfouz assemble through stream-of-consciousness the image of a man set on retribution, no matter what it takes.

Do Gentlemen Really Prefer Blondes?

Author: Jena Pincott
Publisher: Bantam Dell
Price: $23 (Hardcover)

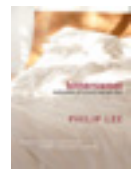
HONESTLY, haven't you always wondered if semen makes you happier? Fear not. Do Gentlemen Really Prefer Blondes? answers this and nearly 100 other questions about sex, romance and attraction, all with a scientific basis. Author Pincott explores the senses, sexuality, dating and the brain's role in it all, interspersed with case studies and international examples to substantiate her claims. Whether you want to know if a father's potential can be judged by his face alone, if generously endowed men are more likely to be cheaters or if your sex drive is determined by the season, Pincott has an answer.

Bittersweet: Confessions of a Twice-Married Man

Author: Philip Lee
Publisher: Goose Lane Editions
Price: $22.95 (Paperback)

AS CANADA'S divorce rate hovers around 40 per cent, nearly half of Canadians share marriage's dissolutive pain. Canadian Association of Journalists award-winning writer Lee attempts to bring the suffering to the forefront in Bittersweet. The biographical account recalls the end of his first marriage and how it caused youthful emotionalism to quickly creep upon him. Lee resorts to sharing a seaside house with his younger brother as he experiences a steep decline and emotional decrepitude. Bittersweet helps Lee lay his life in front of him in an attempt to understand, reconcile and progress.

BRIAN COULTON/ FOR METRO CANADA



DVD pick

Indiana Jones and the Kingdom of the Crystal Skull

Director: Steven Spielberg
Rating: PG-13

WHAT a joy it is to watch the talent director Steven Spielberg has assembled. Shia LaBeouf is terrific as the motorbike-riding and switchblade-snapping greaser who becomes Indy's (Harrison Ford) new sidekick. Cate Blanchett adds another notch to her belt with her sexy sword-swishing portrayal of villainess Irina Spalko.

The movie comes in double-disc regular DVD and Blu-ray packages, and disappointment is sure to reign. There are no commentaries (Ford and Spielberg hate them) or deleted scenes.

There are many featurettes about the creation of the props and special effects, including those "crystal" skulls that were actually made of urethane — and looked it. **TORSTAR NEWS SERVICE**

Read a DVD review of Fugitive Pieces at metronews.ca

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Perry to host MTV Europe Awards
Singer Katy Perry has been announced as the host of the MTV Europe Music Awards. The event takes place in Liverpool, England, on Nov. 6. BBC NEWS ONLINE

TV salary realities

IntelleVision

Rick McGinnis
rick.mcginnis@metronews.ca

PAYDAY: The next time someone tells you that it pays to be nice, it'll be useful to remind them that Simon Cowell, the Idol judge who gets the most hate mail, mostly for saying the obvious about contestants, is one of the highest-paid people on television today. Cowell's paycheque has been big news for several years now, as he's repeatedly up in the fiscal ether with Oprah and Jerry Seinfeld, but it's a story that just won't die, mostly because most people can't figure out just what he does to pull in that kind of dirty green.

It was Australia's turn to share in the outrage, with an interview with Cowell's friend and onetime boss, Idol and So You Think You Can Dance producer Nigel Lythgoe, the principal thrust of which seems to have been to fathom the Cowell wage enigma. "I think Simon is now earning something like US$36 million a year from Fox alone," Lythgoe told the Queensland Courier-Mail, "but they can afford to pay him that because at one point we heard (Fox) were getting something like $900,000 and $1 million per 30 seconds in advertising revenue."

Cowell is paid more because he "brings more to the table" than fellow judges Paula Abdul and Randy Jackson, said Lythgoe, but he's also the superior negotiator, only signing on for year-long contracts and renegotiating them ruthlessly. It's a tactic that has given Cowell mansions in Beverly Hills and London's Holland Park, a Rolls-Royce Phantom for his chauffeured ride, and a Bugatti Veyron as his sporty little runabout.

Somewhat related, CNN ran a story recently estimating what TV characters would earn in real life — a subject I find endlessly fascinating, since the first blow to a show's credibility usually takes comes in the form of questions like "and she can afford to live in that apartment on her salary?" Based on statistics mostly sourced from CareerBuilders.com, CNN guessed that Michael C. Hall's Dexter Morgan, serial killer by night, pulls in $47,680 a year as a police forensics expert, less than Julia Louis-Dreyfus' gym owner on The New Adventures Of The Old Christine ($55,201).

What was really interesting was the salary of Don Draper on Mad Men, earning $41,379 as an advertising creative director, adjusted for inflation, from which he can comfortably be his family's sole breadwinner. He'd need to earn at least three times that much today to do barely better, which is a testament to the steady but wild rise of both real estate and real consumer goods prices in the last 40 years; and we wonder why he's the one who drinks too much?

Rick McGinnis writes about music, movies, books and television, but not opera.

Smarts beats size — in politics and your backyard

HineSight

Anne Hines

I want to discuss two serious and interrelated issues facing Canadians today. The federal election and bad squirrel behaviour. The more pressing one first. Squirrels.

Yesterday, I decided it would be pleasant to take a chair into my tiny city backyard, place it under a shady tree and drink a cup of coffee. On the grand scale of "wild and exotic ways of pursuing happiness," this didn't strike me as setting the bar too high.

Election 2008

Chair placed, coffee in hand I was enjoying the quiet, admiring the glitter of sunlight through leaves, when a ruckus began overhead. A squirrel was hanging sideways from a limb, chattering noisily at me.

A mangy black squirrel. Spikey fur. Bulging eyes. A squirrel equivalent of Mick Jagger. Making more fuss than Stephen Harper at a subsidized arts event.

Unfazed by the criticism and complaining — I've raised teenagers after all — I continued to enjoy the fall sunshine. Eventually the thing gave up and went away. Five minutes later, I was hit squarely on the top of my skull by a chestnut. The squirrel was perched above, peering down, disappointment spread across its little face that I wasn't gone or dead or both.

I stood up and shook a fist. The squirrel decamped to a far branch. I returned to my coffee, telling myself smugly that brawn will always beat brains. Trying not to think too hard where that placed me, or the squirrel. Then, a rustling in the tree above. The squirrel peed on my head.

Wherever you go in this vast world, there are a few gestures that are universally understood. A smile means friendship. A frown indicates sadness. And peeing on someone's head almost always means "In your face."

In the battle for ownership of the five-foot patch of grass in my backyard, the score was squirrel: 1, human possessing traits which make her the master race, such as opposable thumbs and credit cards: 0. I got up, walked with no dignity whatsoever back into the house and took four successive showers.

Which brings us to the federal election. Really. Getting what you want in life doesn't always come down to how big you are. Sometimes, the key is being smart enough to make use of every tool at your disposal. So today I, for one, am going out to vote. And then, I'm buying a hard hat.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

Top Model struts into spinoff

REALITY TV The CW is spinning off its hit reality series America's Next Top Model. The network has ordered a pilot for Operation Fabulous, starring Top Model regulars Jay Manuel and J. Alexander, and executive produced by Tyra Banks and Ken Mok.

On Fabulous, Manuel and Alexander will travel the country giving women makeovers. The duo will select five participants and give them Top Model-style overhauls — how to dress, wear their hair and makeup and bring out their confidence.

REUTERS

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CA	Vu	SC		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
10/14/08 primetime	267	351	- ACCESS	Help TV		Eli Stone "Pilot"		Pushing Daisies (N)		Fringe		Help TV
	243	317	3 CFCN	Election 2008 The results of the federal election. (Live)						Election Result	Corner Gas	News (N)
	-	-	4 BROAD	(4) Broadcast News News.		Broadcast News News.						
	-	371	5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Opportunity Knocks (N)		Dancing With the Stars		Eli Stone
	245	306	6 CBRT	CBC News Special "Canada Votes 2008" (HDTV) Federal election. (Live)								After the Vote
	244	338	7 CICT	Decision 2008	Decision Canada 2008 The federal election. (Live)				News (N)			News Hour
	246	-	8 CKAL	Law & Order: SVU		Privileged "Pilot" (HDTV)		Opportunity Knocks (N)		NY-Hollywood	Friends	Your City
	119	705	9 CBXFT	Elections Canada 2008: le choix (N) (SC)								Virginie (SC)
	-	-	10 SHAW	(6) Local Programming						Local Programming		
	-	372	12 KREM	News (N)	Hollywood	Avista Special	Extra (N)	NCIS "Heartland" (N)		The Mentalist (HDTV) (N)		Without Trace
	-	374	14 KSPS	NewsHour With Jim Lehrer		Nova (HDTV) (N) (DVS)		Wild! The five big cats.		Frontline "The Choice 2008" (N) (DVS)		
	502	390	15 CBC	CBC News Special "Canada Votes 2008" (HDTV) Federal election. (Live)								After the Vote
	-	370	16 KHQ	News (N)	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	The Biggest Loser: Families (N)				Law/Ord SVU
	-	373	22 KAYU	The Simpsons	The Simpsons	Two/Half Men	Two/Half Men	House "Birthmarks" (N)		Fringe "Power Hungry"		News (N)
	297	652	37 WPIX	Privileged "Pilot" (HDTV)		CW11 News at Ten		Two/Half Men	Friends	Sex and-City	Will & Grace	According-Jim
news	500	500	29 CNN	Larry King Live		Anderson Cooper 360 (HDTV)				Larry King Live		Cooper 360
	508	502	31 CNN2	Glenn Beck		Nancy Grace		Showbiz Tonight		Glenn Beck		Nancy Grace
sports	400	400	21 TSN	NHL Pregame	NHL Hockey Colorado Avalanche at Calgary Flames. (HDTV) (Live)					SportsCentre	In This Corner	E:60
	408	418	27 net	MLB Baseball: American League Championship Series Game 4 -- Rays at Red Sox						Sportsnet Connected		Best-Sports
	410	403	30 SCORE	Poker: Canadian Open		Score Tonight		Hardcore Hockey Talk		Final Score	Final Score	Sports Rage
	411	457	44 OLN	Angry Planet	Flying Doctor	Don't Forget Your Passport		Pilot Guides		Don't Forget Your Passport		Survivorman
	417	406	48 SPEED	Low Life	SuperCars	Super Bikes!	Super Bikes!	Pinks (HDTV)	Pass Time	Unique Whips		Low Life
family	552	543	20 YTV	Drake & Josh	iCarly	Malcolm-Mid.	Home Improve.	Malcolm-Mid.	Sabrina-Witch	Futurama	Prank Patrol	Mystery Hnt.
	557	541	39 FAM	Zoey 101	Life Derek	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School
	555	545	67 TOON	World of Quest	Johnny Test	George-Jungle	Scooby-Doo	Scooby-Doo	6teen	Total Drama	Futurama	American Dad
cable variety	575	583	11 CMT	Reba	Reba	Hope & Faith	Hope & Faith	Dallas Cheerleaders		Home Improve.	Home Improve.	Reba
	553	546	17 TREE	Little Bear	Maggie-Beast	Comfy Couch	Rolie Polie Olie	Beren. Bears	Babar	Backyardigans	Dora-Explorer	Go, Diego, Go!
	-	-	18 CHTV	Decision 2008	Decision Canada 2008 The federal election. (Live)				Ad Persuasion	Knight Rider		News (N)
	505	398	19 TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	602	568	23 W	House	Style by Jury	Will & Grace	Friends	Three Fat Brides		Style by Jury	Style by Jury	Naked
	521	560	24 TLC	Mystery Diagnosis		Dr. G: Medical Examiner		A Life Half Full (HDTV)		Mystery Diagnosis		Med. Examiner
	603	561	25 FOOD	The F Word		Chef School	At the Table	Restaurant Makeover		Challenge Chocolate art.		The F Word
	615	520	26 A&E	The First 48 (HDTV) (N)		The Cleaner (N)		The Cleaner (HDTV)		The First 48 (HDTV)		The First 48
	617	522	32 SHOW	EastEnders	Vivienne Vyle	About a Girl	About a Girl	The Best Years (DVS)		Testees	Trailer Park	The Shield
	601	562	33 SLICE	Rich Bride, Poor Bride		Tori & Dean: Home		Wedding SOS	In Laws	Rich Bride, Poor Bride		Tori and Dean
	-	633	34 ENC2	*Air Bud: Pup*	(7:25) *The Wrong Guy* ★★ (1998, Comedy)			*Stop! Or My Mom Will Shoot* (1992, Action)			*Analyze This* (1999, Comedy)	
	520	505	35 DISC	Destroyed	Destroyed	Mighty Ships "Faust"		Daily Planet		Destroyed	Destroyed	Mighty Ships
	620	523	36 BRAVO	Life & Times		Celtic Roots	Numus	Law & Order "Strike"		Without a Trace		*RKO 281* (1999)
	294	650	40 WPCH	(6) *Guess Who* (2005)		Steve Harvey	Family Guy	Family Guy	Seinfeld	*Guess Who* ★★ (2005, Comedy)		
	626	547	41 COM	Laughs	Comedy Now	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	S. Silverman
	-	539	42 TCM	*High School*	*The Gene Krupa Story* ★★ (1959, Biography)			(9:15) *Singin' in the Rain* ★★★★ (1952) (DVS)				*5,000 Fingers*
	628	584	43 SPIKE	UFC Unleashed		UFC Unleashed		MANswers	MANswers	CSI: NY "Admissions"		Trek: Voyager
	522	516	45 HIST	Outlaw Bikers		NCIS "Eye Spy"		Outlaw Bikers		Ax Men		NCIS
	627	528	46 SPACE	Battlestar Galactica		Rabbit Fall	The Circuit	Stargate SG-1 (DVS)		Lost "Born to Run"		Deep Space 9
	-	-	47 AMC	(6) *Dirty Harry* (1971)		*Magnum Force* ★★ (1973, Crime Drama) Clint Eastwood, David Soul.					Mad Men "The Jet Set"	
	619	525	49 TROP	Planet Soap	Big Screen	Beverly Hills, 90210		Planet Soap	What Happen?	Family Guy	Seinfeld	Seinfeld
	600	564	50 HGTV	Sarah's House	Design Inc.	Colin & Justin's Home Heist		Holmes on Homes		Sarah's House	Design Inc.	Pure Design
	501	391	52 CTV	CTV Newsnet		News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News
	504	508	70 BNN	Squeeze Play		Market Call		Headline	Market Call	Commodities	Business News	Squeeze Play
	526	507	92 CLT	Missing Link		Mysterious Ways		Judging Amy		Killer Next Door		Missing Link
	269	350	93 APTN	News		Wings-Canada	Great Towns	Wapos Bay	Rez Rides	Fish Out of	Mixed Blessing	First Nation
	-	-	94 MCP	(6:30) News	News	Matchmaker	Mom's-Upset	Officina Italian	Qui si Parla	In Germany	Euromaxx	Schauplatz
	571	581	100 MMM	Listed		Don't Forget the Lyrics!		Party of Five		Fabulous Life Of...		Party of Five
	570	580	101 MM	Dance	Dance	Be Loud on Oct 14th (N)		Degrassi: Next	Instant Star	Pimp My Ride	Technical Diff.	disBand
	581	566	102 MTV	Making the Band 4		Paris Hilton's My New BFF		MTV Live	After	Making the Band 4		Paris Hilton

critics' corner

Testees
They could have called it "Guinea Pigs," but that wouldn't be as appealing to viewers' inner 12-year-olds. This new sitcom from Kenny Hotz ("Kenny vs. Spenny") stars Steve Markle and Jeff Kassel as roommates who have found an alternative to working for a living: They get paid to test medications, personal care items and other products. Side effects may occur — and they do, with hilarious results. 10 PM on SHOW

The Cleaner
In the season finale, "Lie With Me," a couple with successful careers, a beautiful daughter and a nice home also have an addiction to alcohol. Spurred by a concerned family member, William (Benjamin Bratt) and the team use a risky ploy — posing as Child Protective Services — to try scaring the couple straight. Can they get clean together, or will the price of sobriety be their marriage? 8 PM on A&E

Daisy bouncing back

Daisy De La Hoya may have had her heart broken in the season finale of Rock of Love 2, when Poison frontman Bret Michaels picked Ambre Lake, but the former exotic dancer is getting back in the game on a new VH1 show called Daisy of Love, premiering in the spring. **PEOPLE.COM**

Celebrity Buzz

Twin bundle of joy for Lisa Marie

MOTHERHOOD Lisa Marie Presley and her husband, Michael Lockwood, welcomed twin girls last week, People.com reports.

"The babies and mom are happy and healthy and resting at home," rep Cindy Guagenti tells People.

The baby girls were delivered by C-section at 2:46 p.m. and weighed in at 5 lbs., 15 oz. and 5 lbs., 2 oz.

The singer, 40, had said on her MySpace page before the babies were born that she and Lockwood, 47, were "beyond thrilled and blessed, elated and saturated in happiness."

The girls are the first children together for Presley and Lockwood, a musician. Presley, who proudly displayed her baby bump in the September issue of Marie Claire, has daughter Riley, 19, a model, and Benjamin, 15, with ex-husband Danny Keough.

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

J. Lo, Anthony renew their vows Vegas-style

MARRIAGE More than four years after saying I do, Jennifer Lopez and Marc Anthony secretly renewed their vows in Las Vegas early Sunday morning, People.com reports.

Witnessed by two friends, the duo renewed the vows at Caesars Palace's Forum Tower Penthouse at 3:15 a.m., a rep for the hotel confirmed to People.

"It was totally a spur of the moment thing," a source said. "They decided around 12:30 in the morning that they wanted to do it and started calling for ministers."

The renewal ceremony comes after the couple spent the previous evening club-hopping in Las Vegas and taking in a show.

METRO NEWS SERVICES

Moss and musician back on again

COUPLES Supermodel Kate Moss has rekindled her romance with rocker Jamie Hince just two weeks after they split, imdb.com reports. The couple reportedly called off their romance last month in an alleged argument over Moss' party-loving lifestyle and her desire to have another baby. But Moss was spotted enjoying a lunch date with The Kills star in upmarket London department store Selfridges on Friday — their first appearance together in public since their breakup. "They've sorted their problems and are as happy as they've ever been. They have been back together for a good week or so," a source close to the pair says.

METRO NEWS SERVICES

Aniston happy being single

PEOPLE Jennifer Aniston is happy being single, femalefirst.co.uk reports. The former Friends star — who split from musician John Mayer in August — has recently been linked to actors Leonardo DiCaprio and Gerard Butler, but friends insist she is happier being alone.

"Jennifer is not just looking amazing, she's feeling amazing," a friend said. "She's very content right now. She would much rather be on her own than trapped in a miserable relationship with someone who is wrong for her."

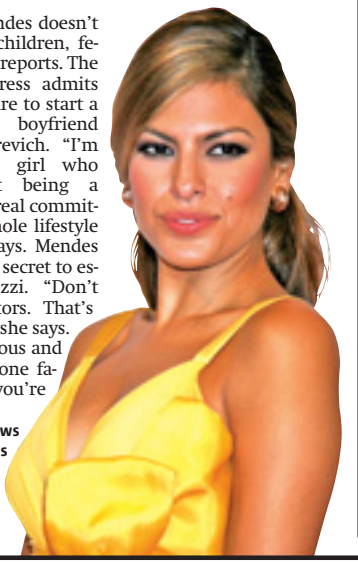
The actress turns 40 next year and her friends say she is excited about getting older. "Rather than dreading it, she sees it as a thing to celebrate and be proud of, not scared about," the friend added.

METRO NEWS SERVICES

Mendes: No children, please

PEOPLE Eva Mendes doesn't want to have children, femalefirst.co.uk reports. The 34-year-old actress admits she has no desire to start a family with boyfriend George Gargurevich. "I'm just not that girl who dreams about being a mom. That's a real commitment and a whole lifestyle change," she says. Mendes also shared her secret to escaping paparazzi. "Don't date other actors. That's the big secret," she says. "If you are famous and you date someone famous, you're screwed."

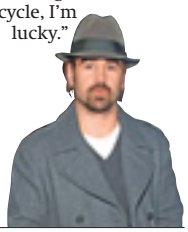
METRO NEWS SERVICES



celebrity briefs

Farrell: Booze almost killed me

PEOPLE Colin Farrell says drinking almost killed him, femalefirst.co.uk reports. "I'd been drinking since I was 14," he says. "At the beginning of recovery I found it really hard. For me there was no choice. It was tough but I was dying. I was struggling not to have a complete meltdown. I'm glad I'm out of that cycle, I'm very lucky."



Hockey was her first love

SPORTS Alanis Morissette can be tough in her music, but imagine her on skates with a stick, People reports. "I've been a hockey fan since I was fresh out of the womb," Morissette tells NHL.com. "I played street hockey a lot," the singer says.

Paris delays deplaning

VANITY Paris Hilton has taken vanity to jumbo levels, the Daily Mirror reports. The socialite refused to get off her flight when it landed in London last week, insisting she had to do her makeup. "Every other passenger had got off the aircraft but she stayed, telling staff she couldn't be seen in public until she had decided on her outfit," an airport source said. After the effort, the source said: "Paris was red-faced as she came through the airport pretty much unnoticed."

METRO NEWS SERVICES

"This makes no sense at all..."

by Joe O'Neill

Jennifer Lopez and Marc Anthony have "secretly" renewed their marriage vows. It was "secret" in the sense that nobody cares about them, or her butt, anymore.

It is not reported whether they also renewed their respective divorce decrees.

You'd have to ask **Cris Judd**, and assorted others, about that one.

Sounds like it was a very special evening. Nothing says "eternal love" like vow renewal in the middle of the night at Caesar's Palace's penthouse after scrounging up some random minister.

If I'm Marc Anthony, I might think twice about summoning a man of the cloth at three in the morning.

If you are reading this and thinking, "Who cares?" you are not alone.

The minister's likely to take one look at Marc's ghoulish pallor, splash him with holy water and drive a stake through his heart.

But hey, it was Vegas. I'm sure the good reverend was an Elvis impersonator first and foremost.

If you're reading this and thinking, "Who cares?" you are not alone. JPez seems increasingly desperate lately to reinvent herself as a triathlon-competing, twin-mothering, undead **Johnny Depp**-marrying everywoman, with increasingly decreasing traction.

I sense a desperation, multi-pronged publicity grasp in her future.

In March, she will shave her head and run the Boston marathon wearing a pregnancy rumour-generating billowy blouse and hip waders, then set fire to **Ben Affleck's** childhood home while screaming "I'm still, I'm still Jenny from the Block!"

You read it here first.

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Wednesday Mainly sunny 6° / -5°
Thursday Partly cloudy 10° / -1°

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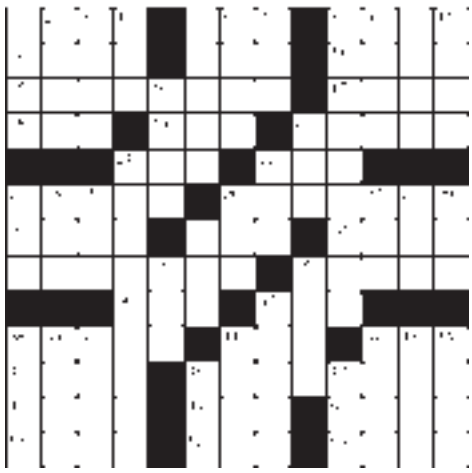
Take Five



Crossword across

1 Help a felon
5 Witnessed
8 Korean War movie
12 Went on horseback
13 Hasten
14 Chills and fever
15 Periodical
17 "Inconvenient Truth" teller?
18 Pig's home
19 Frequently, in verse
20 Christmas-tree topper, maybe
21 Witticism
22 TV lawyer Stone
23 Coffee additive
26 At a loss
30 Bjorn of tennis
31 Shack
32 Tittle
33 Sports arena
35 Eightsome
36 Rd.
37 Commotion
38 Jerry Herman heroine
41 Expert
42 Taste the wine
45 Foil cousin
46 "Golconda" painter René
48 Set down
49 Past
50 Crazy
51 Otherwise
52 Corral
53 She played Lili Von Shtupp

Crossword down

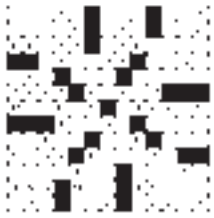
1 Weaponry
2 Ocean vessel
3 Tense
4 Chamomile, for one
5 Work hours
6 "— We Got Fun?"
7 Teensy
8 Venetian noble
9 Enthusiastic
10 Foolproof
11 Shoe part
16 Speed
20 TV alien
21 A Biblical Mary
22 Chow down
23 Couric's employer
24 Deterioration
25 Epoch
26 Vagrant
27 Parcel of land
28 Schedule abbr.
29 Pop
31 Coloration
34 Wall climber
35 Smell
37 Inert gas
38 Strike from the text
39 October birthstone
40 Oahu souvenirs
41 Senate staffer
42 Old portico
43 Reason to scratch
44 Laborer
46 Chart
47 Sort

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

5			6		2			
7	1						8	9
	2			1		3		
	5		1	6				2
		2				1		
8				9	3		6	
		4		2			9	
1	3						2	4
			5		4			7

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



5	2	7	8	1	6	3	4	9
9	8	4	7	5	3	6	1	2
6	1	3	9	4	2	5	8	7
4	3	9	6	2	1	7	5	8
7	6	2	4	8	5	9	3	1
1	5	8	3	9	7	2	6	4
3	4	5	2	7	8	1	9	6
2	9	6	1	3	4	8	7	5
8	7	1	5	6	9	4	2	3

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Recipe of the day

Spinach Salad with Chickpeas

INGREDIENTS:
2 medium onions, cut into 1/2-inch (1-cm) slices
1 can (19 oz/540 ml) chickpeas, drained, rinsed, and patted dry
1/4 cup (50 ml) lemon juice
2 tbsp (25 ml) flaxseed oil
1 tbsp (15 ml) olive oil
1 clove garlic, minced
1/2 tsp (2 ml) salt
1/4 cup (50 ml) crumbled feta cheese
1 package (7 oz/198 g) baby spinach
2 apples, cored and sliced
2 tbsp (25 ml) ground flaxseed

METHOD:
1. Preheat oven to 400°F (200°C). Coat baking sheet with olive oil cooking spray. Add onion slices and coat each with spray. Roast for 10 minutes. Add chickpeas and roast until onions are tender and browned, 10 minutes.
2. Meanwhile, in a measuring cup, whisk together lemon juice, flaxseed oil, olive oil, garlic, and salt. Stir in cheese.
3. Place spinach in a large bowl and toss with onions, chickpeas, apples, and flaxseed. Drizzle with vinaigrette.

PER SERVING:
292 calories, 9 g protein, 37 g carbohydrates, 10 g fibre, 14 g total fat, 3 g saturated fat, 8 mg cholesterol, 476 mg sodium

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!
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Horoscopes

AVATAR VENUS

ARIES ♈
MARCH 21-APRIL 20
A health check has an impact on decisions. A dangerous guy gets ahead with a flash of insincerity. Someone wants to have a good cry.

TAURUS ♉
APRIL 21-MAY 21
Have a strong plan to gather your scattered thoughts. If you're not certain – say so. Shun self-indulgent desserts tonight.

GEMINI ♊
MAY 22-JUNE 21
Missing a deadline will cause meaningless anguish. Pay attention to cryptic comments. Cheer up a clever but forlorn person.

CANCER ♋
JUNE 22-JULY 22
Be sympathetic with arrogant people. A ruffian is revealing secrets and lies. Plans must be exposed in a thrilling statement.

LEO ♌
JULY 23-AUG 23
Remain calm if an argument develops. An enemy will back down. Pay attention to oncoming vehicles.

VIRGO ♍
AUG 24-SEPT 22
A mediator inspires a spectacular uproar. A solution isn't what it seems to be. Try to explain the rationale behind a weird choice.

LIBRA ♎
SEPT 23-OCT 23
Be patient and show someone how to get a life. Intimacy develops with those who know the truth. Financial plans will disturb a romance.

SCORPIO ♏
OCT 24-NOV 22
An adversary returns from the middle of nowhere. Prepare to do battle with unreasonableness. A disagreement causes distress and dismay.

SAGITTARIUS ♐
NOV 23-DEC 21
A big shot will be tolerated today. Don't rush in where angels fear to tread. Tranquility will feel peculiar after dark.

CAPRICORN ♑
DEC 22-JAN 20
Someone's bitterness at night is puzzling. Depart from the norm to find a solution. Pay attention to silly complaints and tricky situations.

AQUARIUS ♒
JAN 21-FEB 18
Rely on your wits to stop a ridiculous prankster. Don't risk a sleepless night with an anxiety marathon. Take deep breaths if you're nervous.

PISCES ♓
FEB 19-MARCH 20
A pessimistic pattern emerges after a chat. Free a miserly person from a guarantee. You can survive without an intolerable individual.

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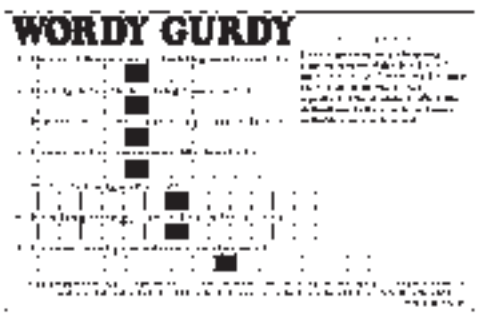

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